Course Number: HPE 243
Course Title: EXERISE SCIENCE FIELD EXPERIENCE
Credits: 3

<table>
<thead>
<tr>
<th>Class or Lecture Hours</th>
<th>Laboratory Work Hours</th>
<th>Clinical or Studio Hours</th>
<th>Practicum, Co-op, Internship</th>
<th>Course Length</th>
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<td>0</td>
<td>0</td>
<td>0</td>
<td>3</td>
<td>15 week</td>
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Internship/Clinical Delivery Methods
(Traditional, Online, Hybrid, Tele-course)

Performance on an Examination/Demonstration
(Placement Score; minimum CLEP score)

Course Description:
Provides essential experiences and networking opportunities for 225 hours in a supervised exercise science setting suitable to student interests. Emphasizes career planning and the application of anatomy and physiology, basic nutrition, exercise measurement and prescription, exercise physiology, program management and promotion, and safety.

Prerequisites:
HPE151, 134, & 241, CPR & First Aid for the Professional

Co-requisites:
HPE242 & PTA105

Last Revised:
2012 (No Changes)

Required Text/Other Materials:
None

Course Coordinator:
John Kalinowski, MS CSCS, kalinowj@mccc.edu, 609-570-3675
Information Resources:

**Web Sites:**
- [www.acsm.org](http://www.acsm.org) – American College of Sports Medicine
- [www.aahperd.org](http://www.aahperd.org) – American Alliance for Health, Physical Education, recreation & Dance
- [www.fitnessbusiness-pro.com](http://www.fitnessbusiness-pro.com)
- [www.healthpromotionjournal.com](http://www.healthpromotionjournal.com)
- [www.ihrsa.org](http://www.ihrsa.org) – International Health, Racquet, and Sports Clubs Association
- [www.isapa.org](http://www.isapa.org) – International Society for Aging and Physical Activity
- [www.jap.physiology.org](http://www.jap.physiology.org) - Journal of Applied Physiology
- [www.nsca-lift.org](http://www.nsca-lift.org) – National Strength and Conditioning Association
- [www.nasm.org](http://www.nasm.org) – National Academy for Sports Medicine
- [www.naspem.org](http://www.naspem.org) – North American Society for Pediatric Exercise Medicine
- [www.nata.org](http://www.nata.org) – National Athletic Training Association
- [www.physsportsmed.com](http://www.physsportsmed.com) – The Physician and Sportsmedicine
- [www.specialolympics.org](http://www.specialolympics.org) – Special Olympics
- [www.sportsnutritionsociety.org](http://www.sportsnutritionsociety.org) – International Society for Sports Nutrition
- [www.ymca.com](http://www.ymca.com)

**Other Journals (not found on the above web sites):**
- American Journal of Health Behavior
- Clinical Exercise Physiology

**Other Organizations/Associations:**
- American Association for Active Lifestyles & Fitness
- American Association for Health Education
- American Association for Leisure & Recreation
- National Association for Girls & Women in Sport
- National Association for Sport & Physical Education
- National Dance Association

**Course Goals- The student will be able to…**

1. state the mission and objectives of their chosen organizational/institutional;
2. describe the organizational structure (including the roles and responsibilities) and identify possible career opportunities within their chosen organization;
3. describe of the roles and responsibilities for their exercise science profession of interest;
4. analyze and identify the future growth of their chosen organization/institution, and their profession of interest;
5. initiate, develop, promote, implement and manage an approved term project that will benefit their chosen institution/organization/program, and/or their profession;
6. identify and assess the strengths and weakness of their chosen organization/institution, and recommend areas of improvement that would benefit their chosen organization/institution; and
7. assess and depict their five year career plan.
General Education Knowledge Goals

Goal 1. Communication. Students will communicate effectively in both speech and writing.

Goal 2. Mathematics. Students will use appropriate mathematical and statistical concepts and operations to interpret data and to solve problems.


Goal 4. Technology or Information Literacy. Students will use computer systems or other appropriate forms of technology to achieve educational and personal goals.

Goal 7. Historical Perspective. Students will understand historical events and movements in the World, Western, Non-Western or American societies and assess their subsequent significance.

Goal 8. Diversity and Global Perspective. Student will understand the importance of a global perspective and culturally diverse peoples.

MCCC Core Skills

Goal A. Written and Oral Communication in English. Students will communicate effectively in speech and writing, and demonstrate proficiency in reading.

Goal B. Critical Thinking and Problem Solving. Students will use critical thinking and problem solving skills in analyzing information.

Goal D. Information Literacy. Students will recognize when information is needed and have the knowledge and skills to locate, evaluate, and effectively use information for college level work.

Goal E. Computer Literacy. Students will use computers to access, analyze or present information, solve problems, and communicate with others.

Goal F. Collaboration and Cooperation. Students will develop the interpersonal skills required for effective performance in group situations.

Goal G. Intra-Cultural and Inter-Cultural Responsibility. Students will demonstrate an awareness of the responsibilities of intelligent citizenship in a diverse and pluralistic society, and will demonstrate cultural, global, and environmental awareness.
Units of Study in Detail.

UNIT #1
1. log, evaluate, interpret, and discuss daily experiences and observations;
2. initiate, justify the purpose of, and hypothesize the results and impact that their
   proposed project will have on their chosen organization/institution and/or the
   population serviced;
3. design/illustrate the particular details, collaborate, and implement their
   proposed/approved project,
4. assess, analyze, and interpret the outcomes of their project;
5. propose/recommend areas of improvement and/or course of action based project
   analysis/interpretation.

Course Goals: 1-6; Gen.Ed. Goals: 1,2,4,7, & 8; Core Skills: A,B,D,E,F, & G.

UNIT #2
1. describe, examine, and assess their experience over the fifteen weeks;
2. describe and discuss the type of organization/institution, the organizational structure,
   the population serviced, and the services offered;
3. illustrate and assess the student’s roles and responsibilities;
4. evaluate, describe, and discuss of how the MCCC Exercise Science curriculum
   prepared the student for these roles and responsibilities;
5. evaluate, describe, and discuss what areas of organizational/institutional excellence
   the student observed;
6. evaluate, describe, and discussion of what areas of organizational/institutional
   improvement the student observed;
7. hypothesize the future (5 yr.) growth of the chosen organization/institution;
8. summarize, describe, and discuss how the experience influenced the students
   knowledge, skills, ability, and interest in the field of exercise science.

Course Goals: 1-7; Gen.Ed. Goals: 1,2,4,7, & 8; Core Skills: A,B,D,E,F, & G.

Evaluation of Student Learning

Achievement of the course objectives will be evaluated through the use of the
following tools:

- Daily Journal – (20pts) 20%
- Field Experience (Term)Project – (25pts) 25%
- Term Paper (Experience Summary) – (25pts) 25%
- Supervisor’s Evaluation – (20pts) 20%
  - Each site supervisor will be required to write an evaluation on the student’s
    progress. This will include an assessment of the student’s professionalism, their
    impact on the staff; their impact on the programs/services offered; their impact on
    the population serviced; their impact on the business; areas of excellence; and
    areas of improvement for professional growth and/or to be hired by the
    organization/institution.
- Exit Interview with Instructor/ Exercise Science Coordinator – (10pts) 10%
  - The student will be required to schedule an appointment with their Instructor to
    submit all required course work and to discuss and summarize their experience.